

Seniors

Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

Registration Dates

M – MEMBERS may register as of **Thursday, August 14**. Members receive a significant discount on program fees and rentals, are eligible to join the Fitness Club, receive a monthly newsletter of events mailed to their homes and are eligible for discount on classes in the Adults section of the Recreation Guide.

R – RESIDENTS, age 60 and older who live in Rockville but are not members of the Center may begin registering for programs on **Thursday, August 21**. Residents receive a discounted fee for programs.

NR – NON-RESIDENTS/NON-MEMBERS, age 60 and older who live outside the City of Rockville limits and who are not Senior Center members, may begin registering for programs **Thursday, August 28**. Non-residents/non-members pay the full price for programs offered at the Center.

Aging Information, Services & Support:

The community may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816. For Spanish, call 240-314-8817. For Chinese, call 240-314-8818.

Rockville Senior Center:

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, aged 60 and older.

Hours for Senior Use: Mon.– Fri., 8:30 a.m. – 5 p.m., and Sat., 8:30 a.m. – 1 p.m.

Membership Fees: Rockville Residents \$30/yr.
Non-Rockville Residents \$125/yr. (\$65 spouse)

Fitness Club Membership Fees: \$30/yr. (must be a Senior Center Member)

For more information, call the Center office at: 240-314-8800.

For directions: 240-314-5019.

For bus transportation and lunch reservations: 240-314-8810.

Suburban Hospital Heartwell Program:

If you are over 60, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon. Call for appointment: 301-610-0143.

Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size (must provide documentation).
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free.

Westfield Wheaton Mall - 9/9

Lakeforest Mall - 10/14

Westfield Montgomery Mall - 11/18

Washingtonian Center - 12/9

Senior Center Member Discount:

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.01-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Please note the following exceptions:

- Discounts do not apply to the activities appearing in the senior section.
- Discounts do not apply to trips.
- For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
- For more information, call 240-314-8800.
- Discounts are not available for online registration.

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips and Senior Center memberships are available. Must meet age and income guidelines. If you would like to donate to this valuable program, send a check made payable to the City of Rockville Senior Assistance Fund and mail it to the Rockville Senior Center, 1150 Carnation Drive, Rockville MD 20850. Online donations accepted through Rock Enroll. Register in course # 21964 through #21967.

Meal Program: 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$6.13. Reservations are required.
- Carnation Supper Club: Join us on 2nd & 4th Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations. Cost: 2nd Tuesday - \$8.00 (Prepared by MCPS); 4th Tuesday - \$10.00 (Prepared by staff).



Seniors

Arts & Enrichment



Surprise - Who's At Your Door? *New*

Knock, knock. Who's there? This is where the fun begins at our Halloween Party. The Carnation Players will open the door to a rollicking romp of mystery guests who come a-knockin.' Come disguised or come as yourself and enjoy refreshments, fun and frivolity. Who will be the mystery guest trick or treat? Register by 10/23.

25881 Th 10/30 1:30-3 PM \$2/\$3/\$4
Carnation Room

Seasons Celebration *New*

Kick off this holiday season by celebrating with us. The 18 piece Olney Orchestra complete with vocalist will play for your dancing and listening pleasure. Light refreshments served. Share the magic of all the upcoming holidays.

25882 Th 11/13 7:15-9:15 PM \$10/\$12/\$15
Carnation Room

Art History *New*

If you would like to learn about art, journey with us in this overview of art history. Highly visual and filled with enlightening observations, this class offers renewed appreciation of art in history. \$5 material fee payable to instructor at class.

No class 10/8
25866 W 9/24-10/22 6:30-8:30 PM \$15/\$19/\$24
Azalea Room

Basic American Sign Language

This beginner course will give you the opportunity to learn basic greetings, deaf culture and finger spelling (the manual alphabet). Practice everyday signs in a relaxed setting, exercising your mind and fingers. New students and continuing students are welcome.

No class 10/24
26269 F 9/26-11/21 1-1:45 PM \$10/\$14/\$20
Board Room

Birthday & Anniversary Parties

Celebrate a festive afternoon of lively entertainment and light refreshments. Mark your calendar for this special event. Registration is required one week prior to each party.

September Party

Sponsored By: Barbara and Peter Weidenbruch
Entertainment By: The John Brown Band
25876 W 9/3 1:30-3 PM Free/\$2

October Party

Sponsored By: Annie and Lewis Rhodes
Entertainment By: All That Jazz
25879 W 10/1 1:30-3 PM Free/\$2

November Party

Sponsored By: Louise Gregory, Flo and Tom Warmack
Entertainment By: Herb Frederickson Dancers
25878 W 11/5 1:30-3 PM Free/\$2

December Party

Sponsored By: Triple F Club
Entertainment By: Dale Jarrett Trio
25877 W 12/3 1:30-3 PM Free/\$2
Carnation Room

Book Club

Do you like enjoyable chats and discussions about books? This exciting informal group of readers meets once a month to discuss books voted upon by the group to be read by all. At the meetings a leader presents discussion questions and moderates members' responses.

25889 Th 9/25 & 10/23 10:30-11:30 AM Free/\$3
Azalea Room/Beck



Seniors

Carnation Players Performing Group

The Carnation Players have issued a casting call for the upcoming season. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you! The Players cannot guarantee fame and fortune but can assure you lots of fun. Help us prepare for performances at the Center and in the local community.

No practice 9/30

25883 Tu 9/2-10/28 3-4 PM Free
Carnation Room/Beck

Chinese Group Piano Lessons *New*

Lessons offered in Chinese at the beginner level. Students will learn the fundamentals of music, note reading, rhythm, theory and basic techniques. Pianos available for each and for practice by checking with the Center office. \$17 payable to instructor for class book.

25875 Th 10/16-11/13 1-2 PM \$45/\$56/\$80
Board Room

Chinese/English Discussion Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome to join us.

26128 F 9/19-11/21 10-11:30 AM \$14/\$17/\$21
Arts and Crafts Room

Citizenship

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, sign-up for this class. Instruction in English, communication and preparation for the I.N.S. Naturalization interview. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class.

No class 10/27, 10/29, 11/3, 11/5

26129 M & W 9/8-11/24 12:30-2:30 PM \$15/\$20/\$25
Arts and Crafts Room

Community Victory *New*

The history of urban vegetable gardening from WWII to the present will be discussed by Brett McNish, Smithsonian Institution Horticulturist. Hear ways to expand your gardening to include vegetables, find ways to grow food in restricted spaces and learn more about American history.

26077 Tu 9/23 1-2:30 PM Free/\$2
Azalea Room

Current State of the Economy *New*

What is happening with the economy? What can we expect in the upcoming months? We'll take a close look at the current trends and anticipate what might be on the horizon for the future, based on the November 4th elections. Presented by Patrick Carroll, CFP.

26091 Tu 11/18 1-3 PM Free
Azalea Room

Decorative Art Roadshow *New*

Experts from Sloans and Kenyon Auction House will identify and give values on antique pieces. If you have a cherished piece of porcelain, glassware, silver or old jewelry you would like included, call 240-314-8820. Staff will contact you for a spot on the program. All identifications and history are shared with the group.

26092 Th 10/23 1-2:30 PM \$4/\$5/\$6
Azalea Room/Beck

Dr. Stonestreet of the 1800's *New*

Clarence Hickey is a re-enactor with the MCHS Speakers Bureau and will portray historic Rockville physician Dr. Edward E. Stonestreet, who practiced medicine for 51 years. He was a Civil War Surgeon with the Union Army. Come learn about his life, education, practice and Civil War medicine.

25896 Tu 10/14 10:30 AM-12 PM \$3/\$4/\$6
Azalea Room

Fee = member/resident/nonresident



Seniors

English Classes

For seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability.

Level I

26130 M & W 9/15-11/19 10-11 AM \$14/\$17/\$21

Level II

26133 W 9/17-11/19 10 AM-12 PM \$14/\$17/\$21

Level III

26131 Th 9/18-11/20 10 AM-12 PM \$14/\$17/\$21

Level IV

26132 M 9/15-11/17 10 AM-12 PM \$14/\$17/\$21
Azalea Room

Escape the "Holidaze" *New*

Are you a celebrator or a procrastinator? Do you enjoy holiday planning? Learn strategies for managing your holiday preparations, determine the traditions that are important and those you can let go.

25859 Th 11/6 10:30 AM-12 PM \$3/\$4/\$5
Azalea Room



Group Piano

The beauty of music is food for the soul. Learn the fundamentals of rhythm, theory and note reading at all levels to expand your enjoyment. Pianos are available for each lesson, and for practice by checking with the Center office in advance.

New

Elementary I

26089 M 9/22-10/27 9-10 AM \$59/\$72/\$84

Elementary II

26087 M 9/22-10/27 11 AM-12 PM \$59/\$72/\$84

Intermediate I

No class 9/30, 11/4, 11/11

26088 Tu 9/23-11/18 11 AM-12 PM \$59/\$72/\$84

Intermediate II

26086 M 9/22-10/27 10-11 AM \$59/\$72/\$84

Advanced Intermediate

No class 9/30, 11/4, 11/11

26085 Tu 9/23-11/18 10-11 AM \$59/\$72/\$84
Board Room/Butenhoff

Holiday Side Dishes To Go *New*

Are you looking for a new holiday dish? Then start a new tradition with these dishes to take and share. Class dishes will include Rosemary Roasted Cherry Tomatoes, Carrot Apple Bake, Marinated Squash and more. Join Chef Judy in making your dishes the hit of your holiday meals.

26095 Th 11/13 10 AM-12:30 PM \$23/\$29/\$36
Arts and Crafts Room/Beck

Japanese Kimonos *New*

Learn the history and background of how Kimonos, Obis and Uchikakes are made. Explanation of materials, fabrics, flowers and designs that go according to the occasion will be discussed. Come and enjoy your time in Japan with us.

25897 W 11/12 1-2:30 PM \$5/\$7/\$9
Azalea Room



Seniors

Jefferson Cafe 2008

Presented by Montgomery College, Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. The Institute is made possible by a grant from the PBS-MacNeil/Lehrer Productions. Class meets the 3rd Wednesday of the month.

26141 W 10/15 & 11/19 2-3 PM Free/\$2
Board Room

Music of Cole Porter *New*

Join us for a musical stroll down Memory Lane as we hear an overview of Cole Porter's life and how it inspired his music. Irv Chamberlain will share the music and life of one of America's greatest talents. He contributed greatly to the Great American Songbook with songs like, "You Do Something To Me" and "Begin the Beguine."

26090 Tu 10/28 1-2 PM \$2/\$3/\$4
Azalea Room

"No Sew" Bag *New*

Make this attractive and sturdy lined bag in one morning. No sewing required. These bags are great as lunch bags too. Material list will be mailed and a fee for group use items of \$5 payable to instructor at class. Register by 10/6.

25862 W 10/15 9:30-11:30 AM \$6/\$8/\$10
Arts and Crafts Room/Broad

Open Studio *New*

Make autumn the time to fine tune your creativity. Our instructor, a master artist, will assist you with that multi-media project you've wanted to start. Bring your pastels, pencils, oils or acrylics, sketch book and a still life or photo. Helpful critiques complete each class.

26083 Tu 10/7-10/28 10 AM-12 PM \$15/\$19/\$24
Arts and Crafts Room

Personalized T-Shirts *New*

Create customized iron-on T-shirt transfers in the Computer Lab! Using the picture of your choice, create a unique personal shirt. The first class will teach how to transfer and crop the photo from a CD or thumb drive. The second class we will create that special shirt! White T-shirt and digital photo required.

26112 M & W 9/22-9/24 10 AM-12 PM \$23/\$28/\$34
Computer Lab

Piecemakers' Club

Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

25880 M 9/15-11/10 12:45-2:45 PM \$8/\$10/\$12
Board Room/Winovich

Pot Holders with Pizzazz *New*

Bring your sewing machine and make new pot holders to brighten your kitchen. Participants make at least three different ones without having to sew a binding! Material list will be mailed to participants. \$3 material fee for common use items is payable to instructor at class.

25861 W 11/12 9:30-11:30 AM \$5/\$6/\$8
Arts and Crafts Room/Broad

Recycling & Waste Reduction Tips *New*

Most of what we throw away can actually be recycled. Learn what and how you can recycle household items. Remember, the best way to reduce waste is not to create it in the first place. Presented by Montgomery County.

26147 Tu 10/14 1-2 PM Free
Azalea Room

Rockin' Red Hatters '08

The ladies Red Hat Society is about the celebration of life, enjoying friendship and enthusiasm for activities. Our group meets monthly for trips and tours, luncheons, teas and parties. Fees are dependent upon the activity. Register by 8/29.

25890 W 9/24 12-2 PM \$14/\$18/\$23
Azalea Room



Seniors

Santa Sack-Pillow Case *New*

One of the most endearing images of childhood is Santa with the pack on his back. Join the fun as we learn to make a pillow case that can do double duty as a gift bag. The instructor will supply the fabrics and thread. Each participant should bring a portable sewing machine.

25863 F 11/21 10 AM-12 PM \$12/\$14/\$16
Arts and Crafts Room

Spanish Language Seminars *New*

Socializing - As Hard As You Think?

26080 Th 9/11 1-2 PM Free
Board Room

Counseling Support Group

26081 Th 10/23-11/20 1-2 PM Free
Ceramics Room

Tips for Holistic Healthy Aging

26082 Th 12/18 1-2 PM Free
Board Room

Veterans Benefits & Recognition *New*

Veterans come and meet with Paul Prozialeck, Director of Veterans Service Programs for the State of Maryland and get an update on available programs and services. Bring your questions and concerns to share. A light lunch to honor our veterans will follow. Register by 10/27.

26093 M 11/3 10:30 AM-12 PM Free/\$2
Azalea Room

Watercolor - Beginner

Learn basic techniques in color mixing and brushwork. Value studies, composition and experimental approaches will be explored. \$6 material fee for new students payable to the instructor at first class.

No class 10/9
25873 Th 9/25-11/13 1-3 PM \$63/\$79/\$99
Arts and Crafts Room/Ely

Watercolor - Advanced

Using skills already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered as well as individualized assistance with brushwork and technique. Enhance your skills in a comfortable and nurturing atmosphere.

No class 10/9
25874 Th 9/25-11/13 10 AM-12 PM \$63/\$79/\$99
Card Room/Ely

Woodworking Club

Interested in woodworking? The Senior Center has an excellent Carpentry Shop. Monthly meetings are held to learn how to use equipment and work on projects. Listen to lectures on topics of interest presented by an instructor from Montgomery College.

No class 11/11

Beginner

For those who have not used power tools or want a refresher on how to use them safely.
26075 Tu 10/14 & 12/9 1-3 PM \$5/\$7/\$9

Advanced Beginner

For those who have used power tools and can operate them safely. Class meets 3rd Tuesday of the month.
26076 Tu 10/21-12/16 1-3 PM \$5/\$7/\$9
Woodshop

Computers

Before registering for classes we recommend visiting the Rockville Senior Center Computer Lab for course information and placement. Rockvillecomplab@hotmail.com.

Backing Up Your Computer

Backing up your system/files is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have.

26126 W 10/22 1-3 PM \$5/\$7/\$10
26127 M 12/8 10 AM-12 PM \$5/\$7/\$10
Computer Lab/Hickman



Seniors

Clarify Computer Concepts (B)

Now that you have completed the basic introductory classes, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

26149	W	10/1	10 AM-12 PM	\$5/\$7/\$10
26150	W	11/5	10 AM-12 PM	\$5/\$7/\$10
26151	W	12/3	10 AM-12 PM	\$5/\$7/\$10

Computer Lab/Gross

Computer Basics (B)

This class offers a hands-on introduction to the use of computers. Designed for beginning computer users, continued learning and practice takes place on Friday mornings from 9:30-11:30 a.m. in the Computer Lab. Prerequisite: Keyboard and Mouse.

26152	Tu & Th	10/21-10/23	10-11:30 AM	\$5/\$7/\$10
26153	Tu & Th	11/18-11/20	10-11:30 AM	\$5/\$7/\$10

Computer Lab

Computer Essentials (B)

Build the necessary foundation toward a better understanding of computer terms and uses. \$3 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts. Class meets three 2-hour sessions.

26113	M & W	10/1-10/8	1-3 PM	\$24/\$31/\$37
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Computer Lab/Bender

Digital Photography Editing (I)

Learn how to correct composition, color quality, resolution, contrast, brightness, hue, content and the use of layers. Synchronize your monitor with your printer for perfect prints. Bring sample photos on a floppy disk or a chip. \$3 manual fee payable to instructor at class. Class meets three 2-hour sessions.

26118	M & W	12/8-12/15	1-3 PM	\$45/\$56/\$67
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Computer Lab/Bender

Recommended Course Sequence for Beginners (B):

- Keyboard & Mouse • Computer Basics
- More Keyboard & Mouse
- Clarify Computer Concepts • Essentials
- Workshops for Beginners "B"

Practice Lab open Fridays 9:30-11:30 am



Digital Photography I (I)

An in depth study of how your digital camera operates in automatic mode with photo assignments given for each class. Photos will be reviewed and critiqued to help any amateur photographer take quality images with improved composition. Bring a pocket storage device plus your camera and manual to each class. Class meets three 2-hour sessions. Note: \$6 manual fee payable to instructor at first class.

26116	M & W	10/20-10/27	10 AM-12 PM	\$35/\$44/\$55
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Computer Lab/Bender

Digital Photography II (I)

A continuation of the camera usage with emphasis on individual controls, manual, aperture, shutter speed and flash. Understanding the importance of depth of field and how to use it will be the basis of each assignment. Bring a pocket storage device and your camera and manual to each class. Class meets three 2-hour sessions.

26117	M & W	11/12-11/19	1-3 PM	\$35/\$44/\$55
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Computer Lab/Bender

Keyboard & Mouse (B)

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions that are essential for all future classes. Stop by the Computer Lab any Friday for personalized instruction. For information call 240-314-8810.

No class 11/28

26155	F	9/19-12/12	10-11:30 AM	Free/\$3
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Computer Lab

IMMUNIZATION CLINICS

FLU CLINIC

Thursday, October 2, 10 a.m. - 1 p.m.

For Senior Center Members only
\$25 Srs. without Medicare Part B Insurance

PNEUMONIA and FLU CLINIC

Wednesday, October 29, 10 a.m. - 12 noon

\$27 (Flu) Srs. without Medicare Part B Insurance
\$35 (Pneumonia) Srs. without Medicare Part B Insurance



Seniors

Maintaining Your Computer

Does your system run slowly? Is your desktop loaded with icons? Let us offer you some tips on adjusting and maintaining your system for better performance. Handouts included.

26124	Tu	10/7	10 AM-12 PM	\$5/\$7/\$10
26125	Th	12/4	1-3 PM	\$5/\$7/\$10
Computer Lab/Hickman				

Microsoft EXCEL (I)

Learn how to enter data, create a basic worksheet from worksheet data, and design, develop, format and manipulate spreadsheets with MS Excel. Prerequisite: Computer Essentials. Class meets three 2-hour sessions. \$5 manual fee payable to instructor at class.

26122	Tu	11/18-12/2	1-3 PM	\$24/\$31/\$37
Computer Lab/Hickman				

Microsoft Word (I)

Using Microsoft Word effectively requires more than just typing. Have you struggled with the appearance of your text, not being able to line up text, collating a list or making your documents look professional? Class meets three 2-hour sessions. \$5 materials fee payable to instructor at class.

26121	M	10/13-10/27	1-3 PM	\$24/\$31/\$37
Computer Lab/Hickman				

More Keyboard & Mouse (B)

This class is for students who would like to have further instruction and assistance using the computer keyboard and mouse.

26189	Th	10/30	1-3 PM	\$5/\$7/\$10
Computer Lab/Martin				

Powerpoint - Workshop (I)

Learn about PowerPoint and how it is used to create effective presentations for screen projection or printed handouts. If there is enough interest in this class, a 4-series PowerPoint class will be offered.

26123	W	10/15	10 AM-12 PM	\$5/\$7/\$10
Computer Lab/Hickman				

Scanners (B, I)

A scanner is a hard drive used to input text and/or images into the computer. Learn how to use the flatbed scanner that allows you to place a full piece of paper, book, magazine, photo or any other object onto the scanner and have the capability to scan the object.

26119	Tu	12/2	9:30 AM-12 PM	\$6/\$8/\$12
Computer Lab				

Simple Word Processing (B)

Students should be familiar with the keyboard and mouse. This class offers a hands-on introduction to word processing. Continued learning and practice takes place on Friday mornings from 10:30 a.m.- 12 noon.

26184	Th	11/6-11/13	1-3 PM	\$5/\$7/\$10
Computer Lab/Martin				

SKYPE/Webcams (B & I)

Free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high quality telephone service and its advantages. Do you have family outside the U.S? This is the way to talk to them (and the price is 'right').

26120	M	12/15	10 AM-12 PM	Free/Free
Computer Lab/Bender				

Windows Operating Systems (I)

Microsoft's operating systems (XP, Vista) are more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. \$10 manual fee payable to instructor at class. Class meets four 2-hour sessions.

26114	Tu & Th	10/14-10/23	1-3 PM	\$36/\$44/\$51
Computer Lab				

Recommended Intermediate & Advanced Courses:

- Windows operating system
- MS Word
- Workshops for Intermediates "I"



Seniors

Word Perfect (I)

Learn how to create great-looking documents, customize menus, shortcut keys and toolbars to your preference. Learn to switch to 'Microsoft Office Mode' with a few easy clicks. Class meets three 2-hour sessions. \$5 materials fee payable to instructor at class.

26115 M & W 11/3-11/10 1-3 PM \$24/\$31/\$37
Computer Lab/Bender

Windows: Desktop Management *New*

This class will teach you about control panel components, monitor settings, shortcuts and more. Learn how to customize your Desktop and your Start Menu. Learn how to create a variety of different shortcuts and move them around to different locations in your computer. Learn about Safe Mode and creating your own wallpaper.

26159 Tu 10/28 10 AM-12 PM \$5/\$7/\$10
Computer Lab/Hickman

Fitness & Wellness

Afternoon Tone and Stretch

This class concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will use exercise tubes, weights, Swiss balls and mats. Due to the monthly birthday parties, classes will begin at 12:30 p.m. on Oct. 1 and Nov 5. ♥

25989 M & W 9/15-11/12 1-2 PM \$39/\$48/\$57
25990 M & W 12/1-12/17 1-2 PM \$13/\$16/\$18
Exercise Room/Cristiano

Aging - Can it be Fun? *New*

Throughout all of life, humor helps us to get through the good times and the hard times. Scientists tell us that laughing helps boost our immune system and supports good health. This workshop will look at our aging with some fun. Come and laugh your way to better health. Presented by Montgomery Hospice. ♥

26073 Tu 11/18 10-11:30 AM Free
Azalea Room

All Day Exercise

Would you like to try a new exercise class to help spice up your fitness routine? Here is your chance to preview many of the classes that will be offered this Fall. We will offer several 30 minute classes throughout the day. Try as many different classes as you would like. ♥

25991 Th 9/4 10 AM-3 PM Free
Exercise Room/Klopfer

Arthritis Foundation's PACE

People with Arthritis Can Exercise (PACE). Designed by the Arthritis Foundation (AF), this class uses gentle activities to help increase joint flexibility and range of motion, maintain muscle strength, and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Instructor is certified by the AF. ♥

No class 9/30, 10/9, 11/4 & 11/11
25993 Tu & Th 9/16-11/20 1-2 PM \$43/\$54/\$65
Exercise Room/Cristiano

Basic Weight Training - Beginner

This class emphasizes muscle strengthening and toning while learning the basics of weight training. Proper technique and body alignment will be taught while using hand-held weights and exercise tubes. ♥

25995 Tu 9/9 1-2 PM \$7/\$9/\$10
Exercise Room/Klopfer

Cable Crossover Workshop *New*

Don't let this exercise machine intimidate you. Our personal trainer will walk you through all the amazing things it can do for you. This is a great opportunity for in-depth instruction and an opportunity for you to ask all your questions. Must be a senior center fitness member to register. ♥

26135 M&W 10/20-10/22 12:30-1:30 PM \$8
Exercise Room/Witte

Fee = member/resident/nonresident



Seniors

Chair Cardio

Try this exciting new cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class while getting a great aerobic workout. Also includes strength training exercises and stretching. ♥

25998 F 9/19-11/14 11 AM-12 PM \$24/\$30/\$36
Exercise Room/Witte

Chair Cardio - Mini Session

Try this great class and stay active during the holiday season. Get your heart pumping while listening to great music. Stay seated throughout the entire class while getting a great aerobic workout. ♥

25997 F 12/5-12/19 11 AM-12 PM \$8/\$10/\$14
Exercise Room/Witte

Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This program is for both men and women, and is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility and endurance which promote better circulation. All movements are performed to music. ♥

25999 M & W 9/15-11/12 11 AM-12 PM \$39/\$48/\$57

26099 M & W 12/1-12/17 11 AM-12 PM \$14/\$17/\$21
Exercise Room/Cristiano

Senior Nine-Hole Golf Tournament *New*

RedGate Golf Course

October 1 – 9 a.m.

Cost \$30 (includes Cart & Lunch)

For additional information,
contact Chris Klopfer, 240-314-8822

Exercise Plus/Chinese Dance

This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including T'ai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music. ♥

26002 F 9/19-11/14 1:30-2:30 PM \$9/\$11/\$12
Exercise Room/Kao

Fall Prevention & Balance Screening

Balance is complex and includes touch, vision and vestibular sensors. Matt Tovornik, Director of Physical Medicine at Suburban Hospital, will discuss how to avoid falling and offer information on the diagnosis and rehabilitation of related injuries. A balance screening will be held from 2-3 p.m. ♥

26138 Th 10/16 1-2 PM Free
Azalea Room

Fitness Club

Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Senior Center member and complete the Exercise Machine Training Course. \$30 fitness room fee, payable upon renewal of Center membership. For Fitness Club Members Only. Mon.-Fri., 8:30 a.m. - 4:50 p.m., Sat., 8:30 a.m. - 12:50 p.m. (Ongoing) ♥

Exercise Machine Training

Learn how to use the exercise equipment and become a Fitness Club member. Register for the month desired and you will be contacted for an appointment time. (Ongoing)

26003 M & W 9/3-12/22 8:30 AM-4:50 PM \$30
Fitness Room/Klopfer

Forgiveness & Grief *New*

This workshop will explore the need for, and how we find, forgiveness when we are grieving the death of a loved one. Sometimes we look back at our relationships after a person dies and wish we had said or done something differently. Participants will explore their own needs for forgiveness and how they might find some resolution. Presented by Montgomery Hospice. ♥

26069 Th 10/2 10-11:30 AM Free
Azalea Room



Seniors

Indoor Walking Class

Now is a great time to commit to a walking program. Feel better, look better and get healthier. Join this safe and fun indoor walking class that will help increase your circulation, boost your immune system and burn calories too! Walk more than 1 mile indoors each class. ♥

No Class 9/30, 11/4 & 11/11

26006 Tu&Th 9/16-11/20 12:25-12:55 PM \$19/\$25/\$29

26007 Tu&Th 12/2-12/18 12:25-12:55 PM \$7/\$8/\$9

Exercise Room/Cristiano

Just Stretch! *New*

This class will help relieve your stress and tension while encouraging relaxation. After a light warm-up, we will stretch your muscles from head to toe increasing flexibility and improving range of motion. Each class will finish with quiet, guided meditation. ♥

No class 9/30, 11/4 & 11/11

26137 Tu 9/16-11/25 10-10:45 AM \$28/\$35/\$42

Exercise Room/Witte

Line Dance Social

Come join us as we celebrate our love for country line dancing and get ready to have a rip roarin', foot stompin', good-ole time. No previous experience or partner is necessary. Instructions will be given. Enjoy light refreshments while you dance the afternoon away. ♥

26010 F 10/17 2-3:30 PM \$4/\$5/\$6

Carnation Room/Witte

Muscle Up *New*

It is never too late to build muscle. Try this great new class and improve muscle strength and endurance through resistance using weights, exercise tubes, body bars, stability balls and more in this group exercise class. Regular strength training improves the body's metabolism, strengthens and builds muscles and improves bone health. ♥

No class 10/1, 11/5

26136 W 9/10-11/19 2:05-2:50 PM \$24/\$30/\$36

Exercise Room/TBA

Nutrition Fact & Fiction *New*

Join us for an interactive nutrition program to include the newest information on eggs and cholesterol, Vitamin D and the latest recommendations for cancer prevention. Melanie Polk, RD for Montgomery County, will also provide information on new healthful products. ♥

26384 M 10/6 11 AM-12 PM Free
Azalea Room

Pain Management *New*

Chronic pain affects about 25-50% of all older adults. Treating painful conditions such as osteoarthritis, diabetic neuropathy and low back pain can help retain independence. Nurse Practitioner Yvonne D'Arcy, from Suburban Hospital's Pain and Palliative Care Dept. will discuss how to treat pain for chronic conditions with medications and non-pharmacological techniques. ♥

26139 Th 12/11 1-2 PM Free
Azalea Room

Personal Trainer

An AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: Must have been trained on the exercise equipment. Refer to Exercise Machine Training. For Fitness Club Members Only. (Ongoing) ♥

One 1-Hour Session

26013 M & W 9/3-12/22 9 AM-4:50 PM \$42

Two 1-Hour Sessions

26014 M & W 9/3-12/22 9 AM-4:50 PM \$70
Fitness Room/Klopper

Pilates Blast *New*

This is a series of non-impact exercises designed to develop strength, flexibility and balance. This winter, the Senior Center Fitness Department is offering a great introduction to Pilates with our Pilates Blast mini-session. Start with two classes per week for three weeks and find out if this exercise regimen is meant for you. ♥

26134 Tu&Th 12/2-12/18 9-9:45 AM \$30/\$38/\$45
Exercise Room/Witte



Seniors

Saturday Aerobics *New*

Get your blood pumping and your hips shaking with this aerobic dance class. Enjoy this great cardio workout while exercising using easy to follow dance movements. Set your own pace for a workout without strain. ♥

26016 Sa 9/20-10/25 10-11 AM \$14/\$17/\$21
Carnation Room/Witte

Savvy Eating for the Holidays *New*

During the holidays it is very easy to overindulge. Americans eat in excess of 8,000 calories at a holiday meal. However, holidays and weight gain do not have to be synonymous. Join Dietician Jill Johnson and learn skills that will help you achieve a healthy holiday season. ♥

26140 Th 11/20 1-2 PM Free
Azalea Room

Senior Belly Dance

Enjoy an expressive, exciting and energetic activity with movements based on ancient dances of North Africa, the Middle East and the Mediterranean. This is a low impact form of exercise that is suitable for all ages and body types. Receive the benefits of improved posture and muscle tone, weight loss and stress reduction. ♥

26019 M 9/15-11/10 2-3 PM \$33/\$41/\$49
Exercise Room/Basane

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must register and have a signed doctor's certificate. (Ongoing) ♥

26022 M&W 9/3-12/15 1:30-2:15 PM Free
26023 M&W 9/3-12/15 2:20-3:05 PM Free
Carnation Room/TBA

Senior Line Dance

Put on your dancin' shoes and join us! These line dances are designed for beginners with progression to intermediate, so you can learn at your own pace. This non-partner activity is for men and women. ♥

No class 10/1 & 11/5
26024 W 9/17-11/12 10:10-10:55 AM \$29/\$36/\$45
Carnation Room/Witte

Senior Pilates - Beginner *New*

This is a gentle class designed for beginners. Learn all of the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Wear comfortable clothes. ♥

26026 Sa 9/20-10/25 9-9:45 AM \$30/\$37/\$45
Carnation Room/Witte



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Seniors

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Wear comfortable clothes. ♥

No class 9/30, 11/4 & 11/11

26028 Tu 9/16-11/25 2-2:45 PM \$40/\$50/\$60

No class 9/30, 10/9, 11/4 & 11/11

26029 Tu & Th 9/16-11/20 2-2:45 PM \$80/\$100/\$120
Exercise Room/Klopper

Senior Pilates Mini-Session

A continuation of the current Senior Pilates Intermediate fall session. It will consist of four additional classes. ♥

26030 Tu & Th 12/2-12/18 2-2:45 PM \$30/\$38/\$47
Exercise Room

Senior T'ai Chi Ch'uan

This program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers relaxation and breathing techniques, and range-of-motion routine. For Senior Center Members Only. Registration is required for this class. ♥

No class 9/30, 10/9, 11/4, & 11/11

26033 Tu & Th 9/16-11/20 10-10:50 AM Free
Carnation Room/Tuanmu

26034 Tu & Th 12/2-12/18 10-10:50 AM Free
Exercise Room/Tuanmu

Senior T'ai Chi Ch'uan - Interm. *New*

This program is designed for the continuing student. Participants should have a basic knowledge of T'ai Chi Ch'uan. It will combine intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center Members Only. Registration is required for this class. ♥

26100 M 9/15-11/10 10-10:50 AM Free
Carnation Room

Senior Yoga

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Wear comfortable, loose-fitting clothing. ♥

26035 W&F 9/17-11/14 9:50-10:50 AM \$83/\$104/\$124
Exercise Room/Figlere

Senior Yoga - Mini

This will be a continuation of the current class. ♥

26051 W & F 12/3-12/19 9:50-10:50 AM \$28/\$35/\$42
Exercise Room/Figlere

Seniors on the Ball

This exercise class uses the large 'Swiss Ball.' Add variety, challenge and fun to your fitness program while working on core strength and balance. 'Swiss Balls' will be provided. ♥

No class 9/30, 10/9, 11/4 & 11/11

26036 Tu & Th 9/16-11/20 9-9:45 AM \$51/\$64/\$75
Exercise Room/Witte

Soft Aerobics

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain. ♥

No class 9/30, 10/9, 11/4 & 11/11

26038 Tu & Th 9/16-11/20 11 AM-12 PM \$33/\$41/\$49
Carnation Room/Klopper

Soft Aerobics - Mini Session

This will be a continuation of the current class. ♥

26037 Tu & Th 12/2-12/16 11 AM-12 PM \$14/\$17/\$21
Carnation Room/Klopper

Fee = member/resident/nonresident



Seniors

Strength Training Basics

This class is designed to emphasize muscle strengthening and toning. You will learn proper technique and body alignment using hand-held weights and exercise tubes. Appropriate for beginners and intermediates. ♥

26039 Th 12/4 1-2 PM \$7/\$9/\$10
Exercise Room/Klopfer

Successful Living, Fruitful Aging *New*

Can you move and use your body the way you want? Can you feel the way you intend? Can you think the way you intend? This seminar focuses on the holistic understanding of the brain as a biological-cognitive-energetic system. Learn how to stimulate healthy, dynamic and productive functioning of your body and brain. Presented by Ba Ha, certified Hahn Yoga lecturer and master. ♥

26078 F 9/19 1-2:30 PM Free
Azalea Room

The New Attitudes

This is a spin-off group from the Soft Aerobics class that performs at functions throughout the year at various senior centers, nursing homes and special events. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class. ♥

No class 10/9
26047 Th 9/18-11/20 12-12:30 PM Free
Exercise Room/Witte

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.) If any openings become available, we will then go to the waiting list to fill the class.



Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register for the month desired. Bring a towel, wear long pants and socks. Must be a Senior Center member and a Fitness Club member to use tables. (Ongoing) ♥

26048 M-W 9/15-12/31 10-11 AM \$10
Fitness Room/Cristiano

Total Conditioning Workout

This strength building, non-cardio fitness class is for both men and women. It offers a workout designed to produce improvement in strength, flexibility, and balance using hand held weights, bands, and tubes. The workout intensity may be modified to suit any fitness level. ♥

26049 M 9/15-11/10 10-10:45 AM \$33/\$38/\$47

26104 F 9/19-11/14 12:30-1:15 PM \$33/\$38/\$47
Exercise Room/Klopfer

Weight Loss Challenge *New*

Back by popular demand! Whether you have just a few extra pounds or more than a few, let us assist you in obtaining your healthy lifestyle goals. Meet with our Wellness Coordinator and Fitness Specialists for your weekly weigh-in and counseling on healthier lifestyle choices. We will discuss program guidelines at the first meeting. ♥

26208 Th 9/18-11/13 10-10:45 AM \$30/\$37/\$45
Health Room

When Bad Things . . . Happen to Good People *New*

It is hard to understand why tragedy and illness happen to good people. We will explore ways we can support ourselves and the good people in our lives who are facing struggles and challenges. Some discussion will be based on "When Bad Things Happen to Good People," by Rabbi Harold S. Kushner. Presented by Montgomery Hospice. ♥

26071 M 10/20 10-11:30 AM Free
Azalea Room



Seniors

Sports & Leagues

Badminton

All levels are welcome to come and join the fun. Learn to play or improve your game. Located at Twinbrook Community Recreation Center which has a wooden floor that has been lined for badminton. Free to Sr. Ctr. members and Rockville residents. (Ongoing) ♥

25994 W & F 9/17-12/19 8:45-9:45 AM Free/\$10
Gymnasium/TBA

Bocce Ball Club

Bocce is easy to learn and can be enjoyed at all levels. We have a great court located behind the Senior Center and have formed a club. If interested in joining a team, call Jackie Cristiano at 240-314-8825. (Ongoing) For members only. ♥

No class 9/30 & 10/9
25996 Tu & Th 9/9-10/23 10-11 AM Free
Bocce Ball Court/Galasso

Game Room Activities - Day

Pool tables, table tennis, and a dart board are available for your enjoyment. Practice games, clinics, instruction and tournaments will be held. For Senior Center Members only. Mon.-Fri., 8:30 a.m.-4:50 p.m., Sat., 8:30 a.m.-12:50 p.m. Table Tennis available at Twinbrook Community Recreation Center, Wed., 9-10 a.m. ♥

26004 M-Sa 9/15-12/13 8:30 AM-4:50 PM Free
Game Room

Newcomb Volleyball

Have fun and get fit! Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Come out and play at Twinbrook Community Recreation Center. Free to Sr. Ctr. members and Rockville residents. (Ongoing) ♥

26011 W & F 9/10-12/19 10-11 AM Free
Gymnasium/TBA

Senior Duffers

Come enjoy the remainder of the 2008 golf season. Play is arranged at local golf courses. All levels of ability are invited to join. However, this is not a teaching activity. Both 9-hole and 18-hole play are available. ♥

26021 M 9/8-10/20 8 AM-1 PM \$5/\$6/\$8
TBA/Sissala

Senior Golf Tournament

The Rockville Senior Center Sports and Fitness Department will be hosting a friendly nine-hole golf tournament at RedGate Golf Course in Rockville. Take this opportunity to play in the cool weather as the 2008 golf season comes to an end. Must register by September 17. Fee includes nine holes of golf, a cart and lunch. ♥

26094 W 10/1 9 AM-1 PM \$30/\$30/\$30
Club House

Table Tennis - Beginner

For those who have had little or no experience playing table tennis. Learn techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available. ♥

26042 M 9/22-10/27 1-2 PM \$21/\$26/\$32
Carnation Room/TBA

Table Tennis - Intermediate

For those who have had experience playing and have a basic knowledge of the rules and scoring. Not only is it fun to play but it also aids in dexterity, flexibility, coordination and reflexes. Paddles and balls available. ♥

26041 W 9/24-10/29 1-1:55 PM \$21/\$26/\$31
Game Room/Shinn

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Have a ball with this social league. New members welcome. Weekly \$7.75 fee, payable directly to Bowl America on Clopper Road, in Gaithersburg on day of play. This includes three games and shoe rental. (Ongoing) ♥

26044 Th 9/4-12/18 1-3 PM Free
TBA/Jaques



Seniors

Tennis - Intermediate

Come join a fun group of intermediate level tennis enthusiasts and play a friendly game or two at Woodley Gardens tennis courts. Not a teaching activity. Must register at the Rockville Senior Center to participate. ♥

26046 F 9/12-10/17 9-10:30 AM Free/\$12
Tennis Court #1/TBA

Wii Play *New*

Now at the Rockville Senior Center, seniors can bowl, golf, play baseball and tennis, and can even try their fists at boxing - all through the new game system, The Wii! The light weight remote is the key to these fun interactive games. So come and join the fun on Friday mornings. Senior center members only. ♥

26391 F 9/19-11/14 10 AM-12 PM Free
Azalea Room/TBA



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Seniors

Trips

Registration procedure for all trips: An in-person lottery registration will be held on Tuesday, August 19, at the Senior Center. Interested members and city residents may draw lottery numbers from 10:15 - 10:30 a.m. with numbers called in random order. Registrations will be accepted at the Senior Center only. Non-residents and non-members may register as of Friday, August 22. Individuals may register for themselves and one other person. Fee listed is payable at the time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

Breaking News *New*

Extra! Extra! Learn all about it! The Newseum, Washington's newest museum on Pennsylvania Avenue is one of the most technologically advanced museums in the world. The seven level building has something for everyone, from photojournalism to the history of news gathering and thousands of artifacts including sections of the Berlin Wall. Note: extensive walking for this trip. Lunch on your own in the food court. Trip includes: leadership, charter bus transportation and museum entrance.

25851 M 9/15 9 AM-4 PM \$48/\$60/\$75
Departs: Glenview Mansion

Charles Town Races & Slots *New*

Let's play the day away. Come experience the thrill of live thoroughbred racing with a 1p.m. post time, or if slots are your game, this is the place to be with over 5,000 machines. There are a number of dining options open for you to choose on your own. Trip includes: charter bus transportation and leadership.

25852 Su 9/28 11 AM-7 PM \$45/\$56/\$70
Departs: Glenview Mansion

Dutch Apple Dinner Theatre *New*

This theatre has been entertaining audiences since 1987 in the heart of Pennsylvania Dutch Country. We'll have a buffet lunch followed by the musical production of 'Wonderful Town.' Trip includes: leadership, charter bus transportation, buffet lunch and show.

25853 Th 10/2 9 AM-6 PM \$85/\$105/\$121
Departs: Glenview Mansion

42nd Street at Riverside *New*

Let's get gussied up and head to Fredericksburg, Va. for our first visit to Riverside Dinner Theatre to see '42nd Street.' You'll recognize many of the songs including "Lullaby of Broadway," "I Only Have Eyes For You" and the title song, showcasing New York's famous street. Trip includes: charter bus transportation, leadership, sit down lunch and show.

25854 W 10/22 9 AM-6 PM \$80/\$90/\$100
Departs: Glenview Mansion

Hagerstown Outlet Shopping *New*

Our trip to the Prime Outlets in Hagerstown will give us a head start on the rush of the season. We will receive a coupon book upon arrival and lunch will be on your own at the food court. There are over 100 brand-name stores. Trip includes: leadership, charter bus transportation and coupon book.

25855 F 11/7 9 AM-4 PM \$35/\$44/\$55
Departs: Glenview Mansion

How the Grinch Stole Christmas *New*

The Hippodrome Theatre in Baltimore will host the magic of Dr. Seuss' classic holiday tale. The costumes and sets will transport you to another place and time. The music will help bring in the season of hope and joy. Enjoy Broadway on the road! Trip includes: orchestra seats, leadership and charter bus transportation.

25856 Tu 11/18 6-11:30 PM \$78/\$98/\$120
Departs: Glenview Mansion

Rockapella at Strathmore *New*

We need a new holiday experience and Strathmore Hall has the perfect offering - 'A Rockapella Holiday.' This five man ensemble will amaze you with their vocal harmonies and the arrangements will leave you marveling at their sounds. We have orchestra seats, so you won't want to miss it! Trip includes: leadership, orchestra seats and charter bus transportation.

25857 Tu 12/9 6-11 PM \$59/\$74/\$93
Departs: Glenview Mansion

Fee = member/resident/nonresident

